



Harvest Sausage Casserole

directions

1. Preheat oven to 350. Spray a casserole dish with vegetable spray.
2. Using the same skillet you browned the sausage in, over medium heat, sauté the onions and bell peppers until slightly cooked. About 5 minutes.
3. Add sliced mushrooms to skillet and sauté 3-4 minutes just until wilted. Remove skillet from heat.
4. Add sausage, squash, spinach, and quinoa to the skillet and toss ingredients together gently.
5. Scrape mixture into the casserole dish. Cover top with cheese.
6. Bake for about 20 minutes or just until mixture is hot and cheese has melted.

notes

This would be perfect as a main dish along with a green salad or cole slaw, or paired with other vegetables such as roasted broccoli or cauliflower or asparagus.

Very flexible as long as you use sausage & quinoa...just toss in whatever you have left over in the vegetable crisper for endless variations.

to serve

Serve hot.



4 - 6
servings

15 min
prep time

20 min
cook time

ingredients

½ to 1 lb cooked, crumbled, and drained Swaggerty's Farm sausage

2 cups loosely packed chopped spinach

2 cups cubes butternut squash

2 cups pre-cooked quinoa (cook according to package directions... it takes a lot less time than rice and is super good for you)

8 ounces button or baby bella mushrooms sliced

½ Red bell pepper cut into slivers (julienned)

1 small or ½ medium onion cut into slivers

4 to 6 ounces of white cheddar cheese slices or shredded if you prefer (you use any kind of cheese you like)

Pairs well with: Green salad, cole slaw

Special Kitchen Tools: N/A